

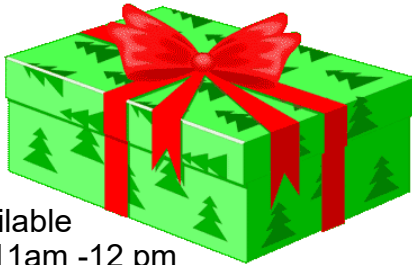
December 2020

Carver Council on Aging

What's Inside for December

Holiday Surprise Puzzle Packages

For the entire month of December, surprise puzzle packages will be available for pick up between 11am -12 pm Monday-Friday when reserved by noon the day prior. Pre-selected Carver COA puzzles have been wrapped in holiday paper and are only identified by the number of pieces either 300 or 1,000. The "surprise" is discovering the subject of the puzzle when you unwrap it! After you complete your puzzle you can return it to the COA for a new one to try. Returned puzzles will be isolated for 2 days before redistribution. Please reserve your Holiday Surprise Puzzle Package by calling **508-866-4698 x3**. And, please specify your preference for either a **300 or 1,000** piece puzzle.



Free Holiday Livestream Concert

Presented by the Tri-County Symphonic Band
Sunday, December 13th at 1:30 pm
This virtual production will include some holiday favorites from the past and some new surprises. It has been a tradition that the Tri-County Symphonic Band lift the spirit of their audience at this time of year and they will carry on that yuletide custom in a livestream concert online! A few minutes before the start time go on either the Tri-County website:
www.TriCountySymphonicBand.org or their Facebook page to link to the concert. Enjoy!



On behalf of the Carver Council on Aging Board of Directors and Staff, we wish you

Safe and
Happy
HOLIDAYS

Donna Forand

Stephanie Clougherty

Helen Marrone

Savery Moore

Claudia Miller

Nancy Ryan

COUNCIL ON AGING

Monday -Thursday
9 AM-3 PM
Friday 9 AM-12PM
48 Lakeview St., South Carver
508-866-4698

COA DIRECTOR

Connie Kelly
Monday-Friday
8 AM-4 PM
508-866-4698 x3
connie.kelly@carverma.gov

BOARD OF DIRECTORS

Donna Marie Forand-Chair
Helen Marrone-Secretary
Savery Moore
Claudia Miller
Nancy Ryan
Stephanie Clougherty Alt.

FRIENDS OF THE CARVER COA

Ron Clarke - President
Paul M Kelly -Vice President
Madeline Joyce -Treasurer
Jackie Rogerson - Secretary
508-866-4698

The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.

GATRA Dial-A-Ride

Shopping - Dining - Appointments - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus. Have the address of the location to which you need transportation when you schedule.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

Please consider other passengers and limit the number of shopping bags on shopping trips

UPDATED LIMITED SCHEDULE

Due to the Corona Virus, Gatra Bus Service has changed.

Capacity is limited to 2 passengers maximum per bus and masks are required.

Trips are limited to:

*** Doctor's Appointments**

*** Pharmacy Runs**

*** Grocery Shopping at Shaw's Carver Only
Wednesdays and Fridays**

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus?

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

How do I schedule a ride?

Call **508-866-4698 x-1** prior to 12 pm the day before.

Closing Due To Weather Conditions

The Carver COA will be closed and bus services canceled if and when the Carver Schools are closed.

Closing announcements are broadcast on WPLM radio.

Any 1 or 2 hour school **delays** will cancel any bus trips scheduled from 8 - 9 or 8-10 on that day.

LOAN CLOSET (please call before dropping off items)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., available to borrow at no charge. **Sanitization is the responsibility of the borrower.**

COPIES

This free service is not available at this time while the COA building is still closed to the public.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at 508-866-3406.

LEGAL ADVICE

Attorney-At-Law Lawrence L. Hale is available to meet with seniors, by appointment only, for free legal advice and counseling in 15 minute appointments. **Until the COA is fully open, please call Attorney Hale's office directly at 508-866-2900 and be sure to mention the referral from the COA.**

ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is not available for rent at this time

FRIENDS OF THE CARVER COUNCIL ON AGING

New members are always welcome!

Annual membership is \$10.

Please contact Madeline Joyce or Friends of the Carver Council on Aging, PO Box 72, Carver, Ma 02330.



SENATOR PACHECO

Call **508-822-3000** or **617-722-1551** to see if you can schedule an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** to see if you can schedule an appointment.

WELLNESS CLINIC - "ASK THE NURSE"

The Tuesday screenings for blood pressure, glucose and cholesterol checks are not available at this time while the COA is not fully open.

Important Reminder: *The State recommends people over the age of 65 and people with underlying health conditions - who are at high risk for COVID-19 - should continue to stay home except for essential errands such as going to the grocery store and to attend to healthcare needs.*

HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$15 for a cut, cut and blow dry \$25. Call **508-866-4698 x3** to make an appointment.

To get all the COA news the fastest way possible, sign up to receive your Carver COA newsletter by email instead of by mail at:
CarverCOANews@carverma.org.

GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Heidi Miles

Outreach Assistant

Tuesday - Thursday

9 AM - 3 PM

508-866-4698 x 2

NUTRITION CENTER

June Benson

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

508-866-4698 x 4

Lunch weekdays at 11:45

WEEKLY ACTIVITIES

ACRYLIC / OIL PAINTING CLASSES

All classes are on hold until further notice.

BINGO

Bingo is on hold until further notice.

CRIBBAGE/RUMMIKUB/SKIP BO

Games are on hold until further notice.

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF

The Chief will be at the COA on Tuesday, December 8th from 10:00 am - 11:30 am.



SINGO with Jim the DJ Guy is on hold until further notice.

FOOT CARE CLINIC

This service is not available at the COA at this time. If you are in need of pedicare you can call Dr. John McLaughlin (podiatrist) at 781-738-3472 or Beth Israel Podiatry Clinic at 116 Court St., Plymouth at 508-747-1973.

BASKET WEAVING CLASSES with Patty Batson are not being held at the COA at this time.

BLUE CROSS BLUE SHIELD WELLNESS WEBINARS

Taming Your Mind with Mindfulness Techniques

Tuesday, December 8th, 2:00 -2:30

When stress levels rise, our minds can become filled with worried, anxious thoughts. Mindfulness, the practice of focusing on the present moment, can quiet your mind and help you feel calmer. Join us to practice a mindful breathing exercise and a five minute sitting meditation. Discover ways to be more mindful throughout your day. We'll share resources for free mindfulness meditations.

Register at bcbsma.info/Dec8

WHAT'S HAPPENING THIS MONTH

Chair Yoga



CHAIR YOGA WITH MARY WILSON OF WILD DIVINITY YOGA

A new custom COA Chair Yoga video will be available to watch online during the week of December 7th. Look for it on the Friends of Carver COA website: www.friendscarvercoa.com as well as the Carver COA Facebook page.

FREE "TAKE & MAKE" CRAFTS

Sponsored by the Friends of the Carver Council on Aging
Available weekly for pick up at the Nutrition Center Thursdays between 11 -12 . Reservations for a craft need to be made by noon the day prior at 508-866-4698 x3. Limited availability.

Adult Coloring Holiday Plaque

Use the included markers or your own to color this holiday-themed wooden plaque. 12/3.



Hand-painted Wreath

Laser cut wooden wreath with paints, brush and red glass bead accents 12/10.



Snow Globe Carolers

Create your own custom snow globe featuring holiday singers. This craft requires the use of a glue gun and may be a little tricky! 12/17

Watch "Crafting with the COA" videos on Area 58 and posted on the Friends of the COA Website:

www.friendscarvercoa.com or on YouTube under friendscarvercoa.

COFFEE HOUR

Tuesdays and Thursdays, 10:-11:30
Call the Nutrition Center at 508-866-4698 x4 by noon the day before to make a reservation.

GRAB AND GO LUNCHES

Tuesdays and Thursdays, pick up at the Nutrition Center door from 11:00 am - 12:00 pm. Each at a suggested \$3 donation. Call the Nutrition Center at 508-866-4698 x4 by noon the day before to make a reservation.

TURKEY TAKE-AWAY SPECIAL RECOGNITION AND THANKS

Thank you to all who supported and participated in the COA Turkey Take-Away on November 17th. Thanks to Daisy Troop 70807 and Brownie Troop 82177 for making cards, posters and cheering on the seniors! Special thanks to the Carver Police Dept. for providing the turkeys and pies and handing out the meals. Extra special thanks to COA Head Cook June Benson and her family members who prepared and packed over 100 meals! Great job everyone!

FOOD PANTRY

Shane Gives Thanks - 128 Main St.
Tues./Thurs/Fri. - 9am-1:30 pm
Sun. - 9am-11 am
Mon./Wed./Sat. - Closed
Home Delivery to homebound residents.
508-866-7673

MEALS ON WHEELS

The COA provides Meals on Wheels for homebound elders.
Monday - Friday
Daily Cost: \$3.00
Call the Nutrition Center at
508-866-4698 x 4

SHINE PROGRAM

Health Insurance Counseling
Maureen Drilling

Appointments via phone or email only available at this time.
508-866-4698 x4



CARVER COUNCIL ON AGING
P.O. BOX 618
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts
U.S. Postage PD
#37
Carver, MA 02330

DECEMBER 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 <i>Don't forget to reserve your Holiday Surprise Puzzle Packages all month long!</i>	30	1 Coffee Hour 10 - 11:30 Grab & Go Lunch Pick up 11 - 12	2 <i>Make Reservations for Grab & Go lunch &/or Craft by 12:00 noon</i>	3 Coffee Hour 10 - 11:30 Grab & Go Lunch &/or Craft Pick up 11 - 12	4	5
6 <i>Beginner Chair Yoga w/ Mary Wilson Online Video Available this week!</i>	7 <i>Make Reservations for Grab & Go lunch by 12:00 noon</i>	8 Coffee w/ Chief Coffee Hour 10 - 11:30 Grab & Go Lunch Pick up 11-12 BCBS Webinar 2pm	9 <i>Make Reservations for Grab & Go lunch &/or Craft by 12:00 noon</i>	10 Coffee Hour 10 - 11:30 Grab & Go Lunch &/or Craft Pick up 11 - 12	11	12
13 <i>Tri-County Symphonic Band FREE Livestream Holiday Concert 1:30 pm</i>	14 <i>Make Reservations for Grab & Go lunch by 12:00 noon</i>	15 Coffee Hour 10 - 11:30 Grab & Go Lunch Pick up 11 - 12	16 <i>Make Reservations for Grab & Go lunch &/or Craft by 12:00 noon</i>	17 Coffee Hour 10 - 11:30 Grab & Go Lunch &/or Craft Pick up 11 - 12	18	19
20	21 <i>Make Reservations for Grab & Go lunch by 12:00 noon</i>	22 Coffee Hour 10 - 11:30 Grab & Go Lunch Pick up 11 - 12	23	24 CLOSED CHRISTMAS EVE	25 	26
27	28 <i>Make Reservations for Grab & Go lunch by 12:00 noon</i>	29 Coffee Hour 10 - 11:30 Grab & Go Lunch Pick up 11 - 12	30	31 CLOSED NEW YEAR'S EVE	1 	2